Tuscan White Bean Soup

Prep Time	Cook Time	Total Time	Servings:
10 minutes	39 minutes	49 minutes	6 servings

Ingredients

- 3 Tablespoons extra-virgin olive oil
- 4 ounces pancetta diced
- 1 onion chopped
- 2 large carrots peeled and chopped
- 2 celery stalks chopped
- 2 cloves garlic minced
- 6 cups vegetable or chicken broth
- 2 cans* white beans (cannellini or great Northern), drained and rinsed
- 1 teaspoon dried rosemary
- 1-2 bay leaves
- Salt and pepper to taste
- Crushed red pepper flakes optional
- Parmigiano-Reggiano cheese grated

Instructions

1. Heat 3 tablespoons olive oil in a large (10-inch) pot or Dutch oven over medium heat.
2. Add the pancetta and cook until it starts to crisp and the fat is rendered, about 4-5 minutes. Stir while it's cooking with wooden spoon so it doesn't burn on one side.
3. Add in the onion, carrots, celery, cook for 8 minutes. Stir with spoon while it's cooking.
4. Add in the minced garlic and stir, and cook for less than a minute.
5. Pour in the broth and the beans. Add in the bay leaf and rosemary sprigs. Raise the heat to high and bring to a boil. Reduce the heat and simmer, partially covered, for about 45 minutes, or 1 ½ hours if using dried beans.
6. Remove the bay leaf and rosemary sprigs. You could either remove some soup leaving 2 cups soup in the pot and mash really well with a potato masher or a wooden spoon, stir to combine. Add more broth if it's too thick and simmer to heat it before serving.
7. Garnish with extra-virgin olive oil, Parmigiano-Reggiano cheese and ed pepper flakes.

***For dry beans:** 1lb dried white cannellini beans Soak the beans for least 4-12 hours or soak them overnight. Completely cover them 2-inches of water. For each pound of beans, add 2 tablespoons coarse kosher salt. Keep in the refrigerator while it's soaking. When ready to cook with them, drain and rinse well in cold water. Drain again. Set aside until ready to cook.

Nutrition Calories: 74kcal | Carbohydrates: 2g | Protein: 0.3g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 2mg | Potassium: 36mg | Fiber: 9g | Sugar: 1g | Vitamin A: 8IU | Vitamin C: 2mg | Calcium: 7mg | Iron: 0.1mg